



# Chartiers High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2 Jan Popcorn Chicken Bowl Seasoned Peas Ham Cheese Bistro Box	3 Jan Build your own Breakfast Bowl Chef Salad Garden Salad w/egg & Cheese	4 Jan Spaghetti w/ Meatballs Seasoned Peas Ham Cheese Bistro Box	5 Jan BBQ Rib Sandwich Seasoned Vegetables Popcorn Chicken Salad
8 Jan Italian Dunkers Oven Roasted Carrots Popcorn Chicken Salad	9 Jan Fish Sticks Mac & Cheese Ham Cheese Bistro Box Garden Salad w/egg & Cheese	10 Jan Grilled Cheese Tomato Soup Seasoned Vegetables Popcorn Chicken Salad	11 Jan Buffalo Chicken Panini Seasoned Vegetables Garden Salad w/egg & Cheese	12 Jan Chicken Alfredo w/ roll Steamed Broccoli Popcorn Chicken Salad Cheese & Grape Bistro Box
15 Jan Buffalo Chicken Dippers Mixed Vegetables Garden Salad w/egg & Cheese	16 Jan Spaghetti w/ Meatballs Roll Seasoned Carrots Popcorn Chicken Salad	17 Jan Chicken Fajita's Black Bean Stewed Tomato's Cheese & Grape Bistro	18 Jan Corn Dog Nuggets Tomato Soup Seasoned Green Beans	19 Jan Chicken & Gravy over Biscuit & Mashed Potato's Seasoned Corn
22 Jan Taco's Rice Pilaf Refried Beans Popcorn Chicken Salad	23 Jan BBQ Ham Sandwich Seasoned Peas Garden Salad w/egg & Cheese	24 Jan Pasta Bowl Seasoned Corn Popcorn Chicken Salad	25 Jan BBQ Chicken Sandwich Baked Beans Cheese & Grape Bistro	26 Jan Salisbury Steak Mashed Potato's Gravy Green Beans Garden Salad w/egg &
29 Jan Breakfast Bowl Popcorn Chicken Salad	30 Jan Boneless Chicken Wings w/ Asst: Sauces Seasoned Vegetables Cheese & Grape Bistro	31 Jan Popcorn Chicken Bowl Seasoned Carrots Garden Salad w/egg & Cheese		<b>Daily</b> <b>Italian Sub</b> <b>Cheeseburger</b> <b>Spicy Chicken</b> <b>French Fries or Tots</b>

## Daily Fruit and Vegetable Options

Applesauce      Baby Carrots  
 Diced Pears      Cherry Tomatoes  
 Mixed Fruit      Celery Sticks  
 Fresh Apple      Fresh Broccoli  
 Fresh Orange  
 Fresh Banana

## Daily Cold Entree Options

Peanut Butter & Jelly Sandwich  
 Ham & Cheese Sandwich/ Wrap  
 Turkey & Cheese Sandwich/ Wrap  
 Italian Sandwich/ Wrap

## Daily Pizza

**Cheese & Pepperoni**  
**Monday Buffalo Chicken**  
**Tuesday Chicken Bacon Ranch**  
**Wednesday BBQ Chicken**  
**Thursday White Pizza**  
**Friday Chef Choice**

## Daily Milk Options

1% White Milk  
 Fat Free Chocolate  
 Fat Free Vanilla  
 1% Strawberry